In operation, the first and second net standards 24, 26 are inserted into the post-receiving sleeves 48 on opposite sides of a volleyball court. The sleeves 48 are preferably spaced apart a distance of at least 32 feet. More preferably, the sleeves 48 are spaced apart a distance of 36 feet with each sleeve being 3 feet from the sideline of the court so that the standards 24, 26 are 3 feet from the sideline of the court. When properly positioned in the sleeves 48, the standards 24, 26 extend up from the floor F in a generally upright manner, preferably so that each post axis X is vertically oriented. With the net-supporting cable 28 extending through the cable-receiving sleeve 36 of the net 22, the first end of the cable is releasably attached to the tensioning strap 80 of the winch mechanism and the second end of the cable is releasably attached to the upper post section 42 of the second net standard 26 via a strap 88. The net-supporting cable 28 is positioned so that the cable is between the two pulleys 54 of the upper post sections 42. The net's upper edge margin 30 has first and second ends 90, 92 (Fig. 1) and a mid-point 94 midway between the first and second ends. With the two pulleys 54 preferably at the same elevation, the winch 78 is operated in a manner to tension the net-supporting cable 28 to a net-supporting tension which is sufficiently great so that the first and second ends 90, 92 of the net's upper edge margin 30 does not exceed the elevation of the mid-point of the net's upper edge margin by more than approximately 3/4" (2 cm) when the first and second ends of the net's upper edge margin are at approximately the same elevation. Preferably, the distance between the two ends 90, 92 is at least 29.5 feet, and is more preferably 30 feet. The net-supporting cable 28 is preferably tensioned to this extent to meet the tension requirements of the volleyball regulations. After tensioning of the net-supporting cable 28, the

lower cable 84 and the side margins 34 of the net 22 are tensioned by hand-tensioning the hand-adjustable straps. Thus, the net may be tensioned in this manner to satisfy the net requirements of the volleyball regulations. With the net so tensioned, the drive mechanisms 44 of the first and second standards 24, 26 are operated to move the net 22 to the desired height. For example, if the net is to be used for men's volleyball, the drive mechanisms 44 are operated to move the tensioned net to a height of 7 feet, 11 5/8 inches above the floor F as measured from the midpoint 94. If the net is to be used for women's volleyball, the drive mechanisms 44 are operated to move the tensioned net to a height of 7 feet, 4 1/8 inches above the floor F as measured from the midpoint 94. If the net is to be used for children to play volleyball, the drive mechanisms 44 may be operated to move the tensioned net to even a lower height. Preferably, the net's height may be adjusted in this manner between heights of 6 feet to 8 feet. Thus, the net's height may be lowered or raised without reducing the tension of the cable below the net-supporting tension.

a1

In the Claims

Claim 10 (amended). A method of adjusting the height of a volleyball net comprising:

securing first and second net standards to a support surface, such as a floor, in a manner so that the net standards extend up from the support surface in a generally upright position, each net standard comprising a lower post section, an upper post section slidably connected to the lower post section for telescoping movement of the upper post section relative to the lower post section along a post axis between a raised position and a lowered position, and a drive mechanism operable to move the upper post section between its raised and lowered positions;

a2